



SUSSEX AREA OF NAFAS

NATIONAL ASSOCIATION
OF FLOWER ARRANGEMENT
SOCIETIES

CHARITY No. 292377

Week 2 of Cabin Fever

Dear Members,

I've been doing a spot of spring cleaning this week. I never thought that I had any obsessive or compulsive behaviour – so how come I find 6 (yes – six!) jars of cloves? If anyone plans to make pomanders this Christmas, let me know. Then I find a jar of caraway seed for which the best before date was December 2005! Can you beat that?

My thanks go to the members of the Executive who've contributed and supported this newsletter. Thank you as well to all those who sent in encouraging comments.

Remember to keep in touch with family and friends. Stay strong.

Jilly Griffin

Breaking News: it looks like A Sense of Place flower festival at Lancing Chapel will be postponed until the October half term. We await a decision from Lancing College after Easter but we will let you know soonest. Find the joke that was going here in Week 3's newsletter!

Did you remember to put the clocks forward on Sunday 29th? Well that's already one hour less of confinement! For once, it wasn't Mothering Sunday. How come we usually have one hour less sleep on our special day? Anyway, welcome to British Summertime.

ANNOUNCEMENT: There will be a free public seminar on the topic of 'Avoiding crowds during the Coronavirus pandemic'. Everyone is encouraged to attend (ha ha).



Meanwhile in Germany, they are stocking up on sausage and cheese in preparation for the Würost Käse scenario.

And apparently Greece is running short of hummus and taramasalata, leading to fears of a double-dip recession.

Last week, I mentioned that listening to uplifting music can keep your spirits up and boost your immune system. What if music is more powerful than this? Here's our virus-busting Top Thirty:

30. Toxic - Britney Spears
29. Help - The Beatles
28. Staying Alive - The Bee Gees
27. Anything by Dr Feelgood
26. Another One Bites the Dust - Queen
25. Contagion - Cliff Martinez
24. Ain't That a Kick in the Head - Dean Martin
23. Isolation - Joy Division
22. Don't Let the Sun Go Down on Me - Elton John
21. All by Myself - Eric Carmen
20. Spoonful of Sugar - Julie Andrews
19. Love is the Drug - Roxy Music
18. What Happens Tomorrow? - Duran Duran
17. Get Back - The Beatles
16. Not Fade Away - The Rolling Stones
15. Calling Dr Love - Kiss
14. Saturday Night Fever - BeeGees
13. Shakin' All Over - Johnny Kidd & the Pirates
12. Too Hot - Kool & the Gang
11. Hurt - Johnny Cash
10. Can't Get You out of my Head - Kylie Minogue
9. Doctor, Doctor - The Thompson Twins
8. Medicine - Harry Styles
7. Breathe - The Prodigy
6. All Sold Out - The Rolling Stones
5. We've Got to Get Out of this Place - The Animals
4. Make it Go Away - Sheryl Crow
3. Don't Panic - Coldplay
2. Fever - Peggy Lee
1. Don't Stand so Close to Me - The Police

Dark, trench-style humour but hey, with a pop-up morgue around the corner, it's good to have a laugh!

It was a quiet Monday morning in September 2053 when John awoke with an urgent need to go to the bathroom. To John, this was no ordinary day. This was the day he would open the last pack of toilet rolls his parents bought in 2020!

Re cancelled events, particularly Members' Day in June: if you paid for your ticket by cheque, it will be destroyed. If you paid by cash, we'll be in touch.

Flowery Anagrams:

Occurs	Promiser
Oaths	Tafias Uplit Drainage
Acrolein	Cinque Mused
Voila	Players Arrogant
Louts	Climates Salvia

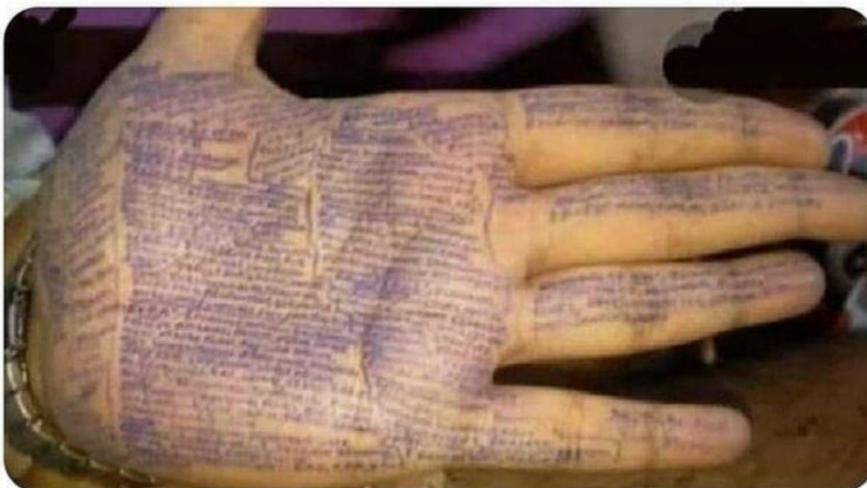




Well last week I was introduced for me to 2 new uses of technology. My husband and I decided to make use of our time and had a garage clearout. A skip was ordered and in no time at all it was filled! I had 2 items a shed and some garden furniture which I was a bit uncertain about as they were quite large. My daughter suggested that I sell them on Facebook Marketplace. I duly uploaded photographs and asked that the buyer dismantle and remove. The ad only goes to people within a 10mile radius and I was shocked that on day one 40 people wanted my goods. A very nice young man bought both items and dismantled everything and removed it so I am delighted.

On Sunday my daughter organised a family conference on Skype. I am still amazed that I could link up with my daughter from Haywards Heath, my sister from Much Wenlock in Shropshire, my niece in Sheffield, my nephew and niece in Wakefield Yorkshire. We had a really good catch up and much laughter which I think did us all a good in this time of Social Isolation.

I washed my hands so much due to [#CODVID19](#), that my exam notes from 1995 resurfaced



Flowery Anagram

Answers:

Crocus
Primrose
Hosta
Fatsia
Tulip
Gardenia
Lonicera
Quince
Sedum
Viola
Parsley
Tarragon
Lotus
Clematis
Salvia

Many thanks to the mysterious Rambling Rose for her occasional contributions:

April in the Garden - the exciting month!

Gardens now are now coming into full growth with a welcome display of spring flowers and the foliage unfolding on trees and shrubs. The sounds and sights of a Spring garden are guaranteed to lift the spirits. But as growth accelerates there is lots to do and no time to be lost.

The Flower Garden

Some shrubs like forsythia will have finished flowering, so it's time to prune the flowered stems back to strong, new, leafy side shoots. Chaenomeles can also be pruned back by cutting side shoots back to one or two buds. Other shrubs like dark elder [Sambucus] and smoke bush [Cotinus] can be pruned hard back. The best coloured foliage is produced by new stems.

If you haven't done so yet, then it's a good idea to cut back lavender to ensure it doesn't become woody and unsightly. The same for heathers as new, attractive growth shows underneath.

It's time to tie in climbing and rambling roses. Training the shoots to be horizontal causes more side shoots to develop and therefore more flowers are produced and by June you'll have a wonderful display of blooms.

Dead head daffodil bulbs, leaving the stalk intact. You don't want energy going into seed production, you want it to go into the formation of next year's flower buds. Recent research shows bulb foliage can be cut back six weeks after the flowers have finished.

If you are lucky enough to have a greenhouse, seeds of annuals can be sown now. My favourites are white antirrhinums. With their long stems they make a fabulous cut flower display. Cosmos are my other favourite as they are useful for filling gaps in the border.

If your garden has lots of perennials, then April is really the latest time for lifting and dividing these. Generally, perennials benefit from division every three years or so. It's a good time to add a bit of manure to your borders to revitalise the soil. If you



grow dahlias and live in the mild south, then the end of the month is a good time to get them in. Dahlias are heavy feeders and need plenty of organic matter put into the soil. If you are new to dahlias try *café au lait* - a large flowered pale pink variety.

And..... if you have any time left and have the space to cultivate fruit and vegetables, there's still more to do

The Vegetable Garden

Plant maincrop potatoes.

Sow vegetable seeds indoors or in the greenhouse - cabbages, celeriac, cauliflower, courgettes, French beans, runner beans, sweetcorn and broccoli.

Outdoors you can now plant onions, parsnips, peas, spinach, carrots, radishes and spring onions

In the fruit garden make sure you feed those blackcurrants and blackberries with a small amount of high nitrogen feed and a helping of blood, fish and bone fertiliser. Put some sulphate of potash on the strawberries and prune cherry and plum trees once leaf buds have opened, thereby hopefully preventing silver leaf.

And now sit back, knowing you are ready for May!